Program Collaboration
A Case Study
Proposal: A Case for a Twin Cities Baccalaureate Degree in Exercise Science

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CAREER OPPORTUNITIES IN EXERCISE SCIENCE

Health Educator          Cardiac Rehabilitation
Personal Training        Strength & Conditioning
Athletic Enhancement     Corporate Wellness
Director                 
Exercise Specialist       Pre-Dietician
Pre-Physical Therapy     Pre-Chiropractic
Pre-Occupational therapy Pre-Chiropractic
Pre-Physician’s Assistant Pre-Athletic Training
Pre-Speech Language Pathology
Grad School in Exercise Science
Employment Projections


- Personal Care and Service Occupations 27%
- Fitness Trainners and Instructors 24%
- Total, All Occupations 14%

www.bls.gov
### Allied Health Emphasis: 68 Total Credits

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>BIOL 200</td>
<td>Cell Biology w/Lab</td>
<td>4 cr.</td>
</tr>
<tr>
<td>CHEM 231</td>
<td>General Chemistry 1 w/Lab</td>
<td>4 cr.</td>
</tr>
<tr>
<td>MATH 200</td>
<td>Statistics</td>
<td>3 cr.</td>
</tr>
<tr>
<td>EXSC 225</td>
<td>Nutrition</td>
<td>3 cr.</td>
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<td>CHEM 232</td>
<td>General Chemistry II w/Lab</td>
<td>5 cr.</td>
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<td>BIOL 104</td>
<td>Medical Terminology</td>
<td>1 cr.</td>
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<td>BIOL 305</td>
<td>Anatomy &amp; Physiology 1 w/Lab</td>
<td>4 cr.</td>
</tr>
<tr>
<td>BIOL 306</td>
<td>Anatomy &amp; Physiology 2 w/Lab</td>
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</tbody>
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**Guaranteed Transferable Credits = 28**
# B.S. in Exercise Science

**Corporate Wellness**

**Exercise Leadership Emphasis:** 67 Total Credits

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<tbody>
<tr>
<td>BIOL 200</td>
<td>Cell Biology w/ Lab</td>
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<tr>
<td>CHEM 121</td>
<td>Basic Chemistry w/ Lab</td>
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<tr>
<td>MATH 200</td>
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</tr>
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Guaranteed Transferable Credits = 14
#1 Minneapolis, Minnesota
Healthiest Cities in America

“Minneapolis residents breathe clean air, prioritize exercise and keep their weight down, supported by a city that was among the first to add bike trails and ban smoking in public places.”

www.forbes.com
MnSCU Degree Completion

We currently do not have a MnSCU Institution offering a baccalaureate degree in Exercise Science.

University of Minnesota and the privates offer B.S. Degrees in Exercise Science.

The for-profits offer degrees in Exercise Science.

Collectively, we can compete with any of these institutions.
Normandale Community College
Exercise Science Collaboration
with
Southwest Minnesota State University
and
Metropolitan State University
Faculty Interest

- Normandale Exercise Science faculty had sought a university partnership for several years
- Physical facilities could support upper division coursework
- Southwest and Metro presented their collaboration proposal at a May 2014 Metro Alliance meeting
- Normandale immediately volunteered
Collaboration Begins

• In June 2014, faculties from the three institutions began meeting

• An articulation agreement between Normandale, Southwest, and Metropolitan was the first step

• Normandale’s AS in Exercise Science is the preparation needed for Southwest and Metro State’s upper division coursework

• Relationships are important
Collaborations Require Work

• Memorandum of Understanding
  – Breaks down responsibilities between university and college partners

• Intra-Agency Agreement: Facilities
  – MnSCU contract on space use, cost structure, and liability

• Intra-Agency Agreement: FERPA Data Sharing
  – MnSCU contract to legally share student data in ISRS to provide services to students
Details

• Scheduling space for teaching and offices
• Student services: Advising, library access, ID cards, computer access, emergency procedures
• Marketing
• Communication between leadership: Managing strategic and logistic decision-making
• Future plans: potential for dual enrollment
Fall Semester 2015

- Exercise Science baccalaureate will launch at Normandale
- Students have committed to start the program
- Exercise Science Student Checklist created
Challenges

• Communication to potential students outside of Normandale
• Requires dedicated personnel
  – partnership details
  – courses to be offered so that students can complete upper division coursework in four semesters
  – financial aid procedures
• Financial viability
Next Steps

• Complete planned articulation with Metropolitan State
• Make students aware of new program
• Seek further collaborations with Metro Alliance institutions
LESSONS LEARNED

NEED:

• Opportunity to serve students in a new way
• Work to be faculty driven
• mechanisms for consultation/problem solving
• Dedicated resources to scale activity
• Commitment to collaboration
• Long term commitment to program